

Appropriations Committee Hearing

H.B. No. 6659 AN ACT CONCERNING THE STATE BUDGET FOR THE BIENNIUM ENDING JUNE 30, 2025, AND MAKING APPROPRIATIONS THEREFORE.

Regarding the proposed budget for DMHAS

Wednesday, February 28th, 2023

Barbara Albert

This is my testimony urging, and opposing any budget cuts to any State of CT Human Services Agency. I believe there is no justification for making access to basic human needs more challenging, particularly for those of us who need help the most.

I'm extremely low-income. Except for a therapist and chiropractic care, I've no Drs. How did this happen? Life, without me. Yes, I'm looking.

Have found an Integrative Practitioner, who oddly said, "she didn't prescribe drugs..."
I said, "Good".

New to me Drs... challenging. Finding. Biting my tongue, because they don't know me, nor I them.

Have an absentee shrink, that I verbally shredded this last September, after knowledge of what those synthetic benzodiazepines were doing to my GABA Receptors - Access to my "Rest/Digest" is 'point moot'. Calming my Panic is poop. This is still going to be an issue even after I'm done taking the pills. I'm scared, don't know if my "rest/digest" will come back.

They were prescribed since the early 90s, maybe late '80s. High dose/long term, with "Informed Consent" just like everyone else. Not. Was told, "in some cases..." (yadda yadda yadda.) 8MGs is not even on any withdrawal program. This benzo is the only benzo connected with memory loss, Alzheimer's, a higher risk of mortality, and a higher risk of hip fracture,- have osteoporosis thanks. They knew about my memory issues and long history of suicidal ideation and attempts. Currently, there are two full scripts in the apartment, over 1400 mgs. Not currently suicidal.

I have been yoga-ing, walking and learning Qigong, journaling, and trying to figure out something to help me think. Been using Essential Oils for aromatherapy since last fall, and Adaptogens, ones called "Lions Mane", ALL known Brain Health helpers, and more!

'Pig pharma' is unable to patent a plant..ever. (no offense to our curly tailed Friends)

There are lots of times I still feel like I can't get out of a wet paper bag. With others' help, I've been able to recognize some changes. There are differences I don't recognize neurologically or behaviorally, and my multiple medical challenges ALL have been exacerbated. There's more Auto-Immune. My speech junk came back from when I was little, and I've more illnesses. I'm not even the same person.

Stress now presents as a "dead deer in the headlights". There's a blank inside my head. Happens when a situation is positive or negative. Bizarre and terrifying, it's not ever blank. My yet-to-be-diagnosed ADD brain of mine is not ever blank.

At the end of last month, I was diagnosed with 'learning difficulty' with number codes after it. I've known about "Learning Differently", in junior high, was a volunteer at a summer school for special education young people. I recognized it a lot. "Doesn't take a weatherman to know which way the wind blows.." - Bob Dylan

Just recently, I'm getting my smell and taste back - Essential Oils, the brain helpers/ Antiinflammatories...

I've read our sense of smell and memory are very connected. Considering the reactions from my body/brain connection with the benzos. My memory is something I do not want to lose. Lost too much as is.

At most times I'm still emotionally unregulated and disassociating/tuning out. In isolation. Because that's what my head tells me I deserve. I want to live before I die.

Please oppose Budget cuts to Any Human Services Agency. This is funding that people need for a chance to reach out, for a chance at/of hope maybe even a purpose.

Thanks for your time and listening.

Barbara Albert, Human Being
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